

MY ME/CFS AND LONG COVID HEALTH PASSPORT

WARNING: This patient has ME/CFS or Long Covid. The defining symptom is Post-Exertional Malaise (PEM), a severe worsening of all symptoms after minimal exertion (cognitive, sensory, physical). PEM is often delayed by 24-72 hours. Encouraging the patient to 'push through' will cause harm.

Name:

Date of Birth:

NHS Number

Emergency Contact Name:

Emergency Contact No:

Relationship:

My Diagnosis:

Date of Diagnosis:

Diagnosed By:

MY SYMPTOMS:

IMPORTANT; PLEASE SEE BACK OF CARD FOR MEDICATION SENSITIVITY INFORMATION

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CRITICAL – MEDICATION HYPERSENSITIVITIES

I am often highly sensitive to medications and anaesthetics

- Please consider starting any new medication at a low dose and increase slowly, monitoring for adverse effects.
- I may be sensitive to specific brands due to fillers/binders. Please try to maintain brand consistency if possible.
- My current medications, supplements and their dosages are listed on a separate sheet. Please do not alter this regimen without consulting my specialist or GP
- For information on anaesthesia, please consult guidance from The Royal College of Anaesthetists and The ME Association